

SQUAD CRITERIA 2007/8

Below is a guide to the minimum requirements for squads, all moves will be strictly by approval of the Joint Chief Coaches. If a squad is full, movement into the squad will be restricted and at the discretion of the Joint Chief Coaches.

All swimmers must be prepared to represent the club at competitions and compete at club championships and have ASA registration.

Junior Squad For swimmers aged 12 or under at the end of the current calendar year. Exceptionally older swimmers may be accepted at the discretion of the Joint Chief Coaches.

Swimmers should be able to:

- Show that they understand the stroke principles of Backstroke, Breaststroke and Front Crawl.
- Swim 50m (without stopping) of each of the above strokes showing reasonable technique.
- Capable of performing a push and glide start
- Capable of performing a forward somersault from a standing position or streamline position.
- Show they are capable of swimming 3 x 200m at constant pace with minimal rest.
- Able to understand simple instructions and maintain concentration for 40 mins.
- Capable of sculling one length head first and feet first.
- Show good attendance level
- Perform a basic dive into deep water.

Intermediate Squad For swimmers aged between 9 & 13 at the end of the current calendar year. Exceptionally swimmers outside this age range may be accepted at the discretion of the Joint Chief Coaches.

Swimmers should be able to:

- Show reasonable technique in Backstroke, Breaststroke and Front Crawl, and be capable of swimming basic Butterfly.
- Swim 50m of Backstroke, Breaststroke, Front Crawl and of Butterfly, maintaining reasonable form throughout.
- Capable of performing turns in all four strokes. + IM
- Capable of sculling one length feet first and one length head first.
- Capable of performing 6 x 100m Front Crawl and Form Stroke with minimal rest.
- Show that they are able to swim for 60 minutes and understand more complex instructions.
- Show that they are able to read basic times from the pace clock.
- Understand basic lane discipline (5 sec's between swimmers/clockwise & anti-clockwise etc)
- Understand the order of strokes in the Individual Medley
- Swim a 100m Individual Medley to a good competitive standard for their age group.
- Passed their ASA competitive Start Award.
- Show good attendance level.
- Swim an 800m Test Set in under 18.00 or a 400 metre Test Set in Under 8.15 mins.

Senior Squad For swimmers aged between 11 & 17 at the end of the current calendar year. Exceptionally swimmers outside this age range may be accepted at the discretion of the Joint Chief Coaches.

Swimmers should be able to:

- Show good technique in all strokes and understand the fundamentals of each stroke.
- Swim 100m of Backstroke, Breaststroke and Front Crawl and 50m of Butterfly maintaining good form throughout.
- Capable of performing legal turns in all four strokes.
- Capable of swimming 100m & 200m Individual Medley with legal turns to a good competitive standard for their age group.
- Capable of swimming a yearly 800m Test Set swim in under 14:15 mins, or a 1500m Test Set in under 28.30
- Capable of performing 10 x 100m on FC and their Form stroke with minimal rest, whilst maintaining good form throughout.
- Show that they are able to swim for 90 mins and understand a swimming schedule.
- Be able to read the pace clock and workout their own swimming times.
- Understand and comply with lane discipline.
- Show a good attendance level, 3+ times a week.

County Squad For swimmers aged 12 or over at the end of the current calendar year. Exceptionally younger swimmers may be accepted at the discretion of the Joint Chief Coaches.

Swimmers should be able to:

- Represent the club at the county and or regional championships.
- Compete in 100m of Backstroke, Breaststroke and Front Crawl and 100m of Butterfly maintaining good form throughout.
- Capable of performing legal turns in all four strokes.
- Capable of swimming 200m & 400m Individual Medley with legal turns to a good competitive standard for their age group.
- Capable of swimming a yearly 1500m Test Set in under 22.30. Boys aged 13+, must complete the test set in 22.00 mins.
- Capable of performing 15 x 100m on FC and their Form stroke with minimal rest.
- Show that they are able to swim for 90 mins and understand a swimming schedule.
- Be able to read the pace clock and workout their own swimming times.
- Understand and comply with lane discipline and set a good example to others.
- Show a good attendance level, 4+ sessions a week expected.